



## AN INTRODUCTION



*“For the first time in the history of humanity, we have the necessary capability, technology and resources to address almost every fundamental problem on this planet – including nourishment, health, education and the environment. The only thing missing is human willingness to make it happen. For this to take place, a certain inclusive consciousness is needed.”*

– Sadhguru



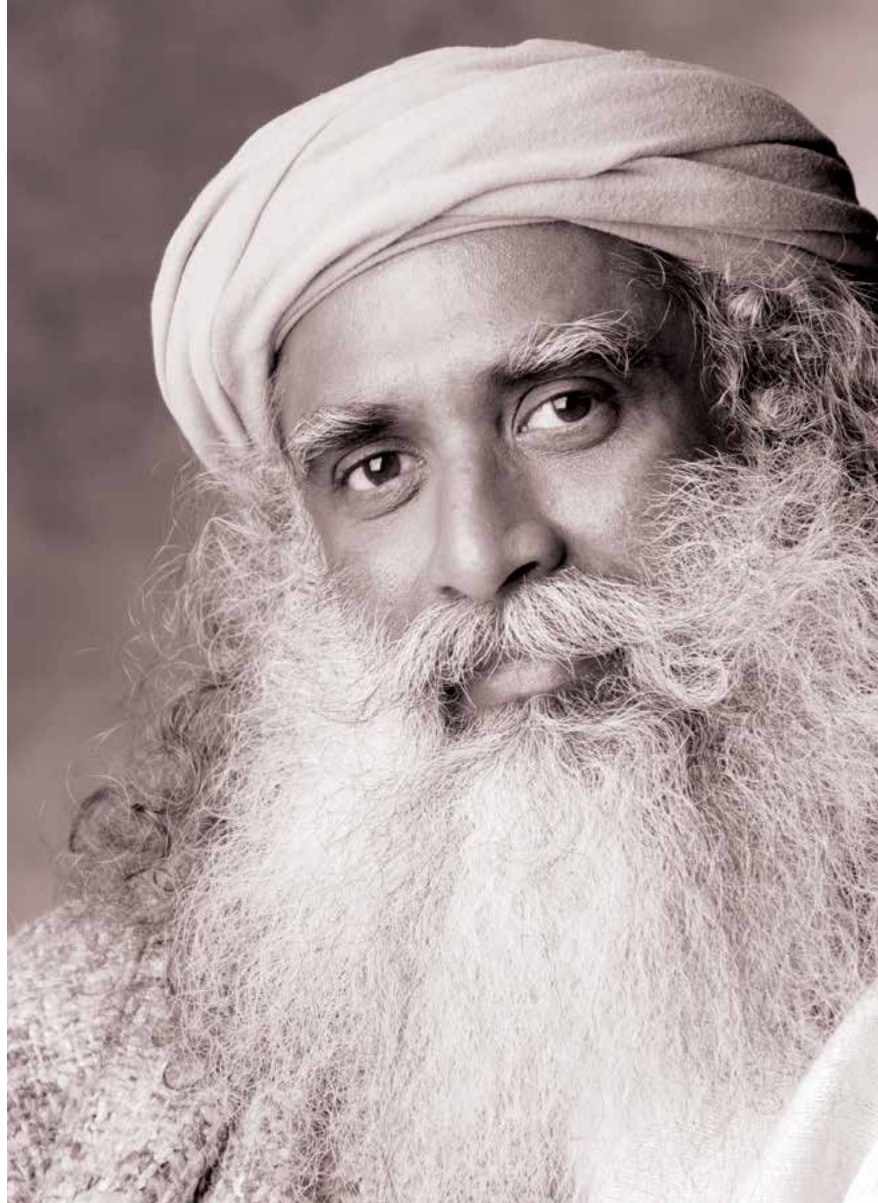


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Sadhguru









## SADHGURU

Sadhguru is a realized yogi and mystic – a man whose passion spills into everything he encounters. With a keen mind, balanced by a heart that knows no boundary, his presence creates an extraordinary opportunity to break through limitations into one’s natural state of freedom, love and joy.

Named one of India’s 50 most influential people, Sadhguru’s work has deeply touched the lives of millions worldwide through his transformational programs. Sadhguru has a unique ability to make the ancient yogic sciences relevant to contemporary minds, acting as a bridge to the deeper dimensions of life. His life and work are constant reminders that the inner sciences are not outdated philosophies, but rather, vitally relevant to our times. His approach does not ascribe to any belief system, but offers methods for self-transformation that are both proven and powerful.

An author, poet, visionary and internationally renowned thought leader, Sadhguru’s wit and piercing logic provoke and broaden our thoughts and perception of life. Sadhguru has been an influential voice at major global forums including the UN, MIT, and the World Economic Forum, addressing issues as diverse as socio-economic development, leadership and spirituality.

Dedicated to the physical, mental and spiritual wellbeing of humanity and gifted with utter clarity of perception, Sadhguru possesses a perspective on life and living that never fails to intrigue, challenge and surprise all those he encounters.







## A COMMITMENT TO TRANSFORMATION

Sadhguru's vision to transform the world has been unfolding over the past 30 years through programs designed to create an inclusive culture and establish global harmony. He established the Isha Foundation, an international non-profit service organization, through which he has offered powerful yoga programs that extend a rare opportunity for self-discovery, inner transformation, and empowerment for individuals to reach their full potential. He has initiated many large scale human service projects for rural upliftment, quality education for the poor, environmental stewardship and holistic health, which have impacted the lives of millions of people around the world, earning a special consultative status with the United Nations.

Isha Foundation is run entirely by volunteers inspired by their own personal transformation. Sadhguru has emphasized that humanity now has the necessary capability and resources to address every problem on the planet; the only missing element is willingness. Sadhguru has kindled this willingness within millions of people to extend their heads, hands, and hearts toward the betterment of humanity.

# Select Conferences



## SPEAKING ENGAGEMENTS

World Economic Forum  
UK House of Lords  
United Nations  
Microsoft  
Daimler Chrysler Corporation  
General Motors  
Australian Leadership Retreat  
India Today Conclave  
TED

## KEYNOTE ADDRESSES

World President's Organization  
Dartmouth University's Tuck Executive Program  
Massachusetts Institute of Technology  
University of Michigan – Ross School of Business  
Forbes India Leadership Awards  
IMD Business School – Lausanne, Switzerland

## INTERVIEWS

New York Times  
ABC News Australia  
Huffington Post (ongoing blog)  
Bill Moyers PBS Special – “Beyond our Differences”  
National Geographic International  
BBC, Bloomberg, CNBC and CNNI



# EMORY UNIVERSITY

## The In



## AWARDS AND HONORS

Special consultative status with  
the Economic and Social Council  
of the UN

Named one of India's 50 most  
influential people by "India  
Today" magazine

Awarded the Government of  
India's highest environmental  
accolade, the Indira Gandhi  
Paryavaran Puraskar, 2010

Project GreenHands: Guinness  
World Record for planting over  
800,000 trees in three days  
through the involvement of over  
200,000 volunteers, 2006

Author of over 50 books





# Isha Foundation



# Technologies for Wellbeing



*“I find that this is a particularly amazing time to be alive, because there is a new intersection between spirituality and science. That’s why I like the fact that you are calling it Inner Engineering.”*

– Arianna Huffington, Founder, The Huffington Post



*“Sadhguru, you have been an inspiration to me. I mean a true inspiration. I hope everybody comes to Isha in one way or another.”*

– Donna Karan, Fashion Designer & Humanitarian



*“Sadhguru opened both my mind and my heart to accept the connection to the divine, which resides in us all.”*

– Ed Begley, Actor and Environmental Activist

Programs are offered regularly in the worldwide centers to enhance and deepen one's spiritual process.

## INNER ENGINEERING

*Inner Engineering is a comprehensive system addressing every aspect of human wellbeing, from body, mind and emotion to the fundamental life energy within us. It is a method of aligning your body, mind, emotions and energies to function in complete harmony.*

Derived from the ancient science of yoga, it works to establish a deep and lasting personal transformation. Over two million people have completed the Inner Engineering program worldwide and have reported remarkable results.



*“The perspective and practices that Sadhguru has given, gives you the strength and stability to go through the day without getting overly disturbed by stress. My equanimity and sense of calmness in the face of all that life throws at me has certainly improved a lot.”*

– Ravi Venkatesan, Author and Former Chairman, Microsoft India

### BENEFITS OF INNER ENGINEERING

- › Improved mental clarity, sleep quality, and increased energy levels
- › Ability to handle stressful situations effortlessly
- › Deepening of interpersonal relationships
- › Helps to purify the five elements (earth, water, fire, air, space) in the body leading to pleasantness in the body, mind and emotion
- › Relief from chronic ailments such as allergies, insomnia, hypertension, diabetes, and obesity
- › Access to the intelligence and competence within, which is the very source of creation
- › Greater peace and joy in everyday life

### RESEARCH FINDINGS

A study conducted on 536 Isha Yoga practitioners showed improvement in many areas, including the following:

- › 91% reported greater inner peace
- › 87% reported improved emotional balance
- › 80% reported greater mental clarity
- › 79% reported increased energy levels

### MORE INFORMATION

The Inner Engineering program is offered in 7 online sessions at [www.innerengineering.com](http://www.innerengineering.com)

# HATHA YOGA

Hatha Yoga stems from a deep understanding of the mechanics of the body, and uses yogic postures, or yogasanas, to enable the system to sustain higher dimensions of energy. By practicing this profound science, one can change and enhance the way they think, feel, and experience life.



Isha's Hatha Yoga program offers a comprehensive set of yogasanas which require no special physical agility or previous experience of yoga. It is a very subtle process of changing the energy in the system, which in turn straightens out physical and mental imbalances. Regular practice of Hatha Yoga not only improves health and wellbeing, but also significantly enhances the experience of kriyas and meditation. At Isha, Hatha Yoga is imparted not as a physical exercise, but in its full depth and dimension, enabling a person in the most fundamental way to flower into his ultimate potential.

## FIVE DISTINCT PRACTICES ARE OFFERED

**Upa Yoga** is a simple yet powerful set of 10 practices that activate the joints, muscles and energy system, bringing ease to the whole system.

**Angamardana** is a series of 30 processes to invigorate the body and reach peak physical fitness and mental health.

**Surya Kriya** is a potent 21-step yogic practice of tremendous antiquity, designed as a holistic process for health and inner wellbeing.

**Yogasanas** are a set of powerful postures through which one can elevate one's consciousness and manipulate energies.

**Bhuta Shuddhi** means "purification of the elements," and is a process of purifying the 5 elements within the human system.

Prior Isha Yoga programs are not prerequisites.





## SHAMBHAVI MAHAMUDRA

You can build on your experience of the Inner Engineering Online by attending the Shambhavi Mahamudra Program. This 2-day course imparts a simple 30-minute kriya – an energy process that uses the breath. Maintained daily, this powerful practice can enhance your perception and experience of life. It does not require any physical fitness or previous knowledge of yoga and is easy to integrate into any lifestyle.



## SHOONYA MEDITATION

A complete path to inner wellbeing, this 4-day residential program combines Shakti Chalana Kriya, powerful and purifying breathing techniques utilized to encourage the flow of vital energy into the central energy channel, or sushumna nadi, and Shoonya meditation, an effortless process of conscious non-doing. Together, these practices stimulate the release of physical, mental and emotional blocks and activate the spontaneous expression of vital energy. Participants must complete the Inner Engineering and Shambhavi Mahamudra programs to participate.



## ISHA YOGA FOR CHILDREN

Isha Yoga for Children is a unique possibility for children to experience the joyful blossoming of their natural potential. This residential retreat offers yoga to children through an exploration of fun, love and joy, allowing each child to develop and live in optimal health and inner peace. The program includes an introduction to asanas and simple kriyas.



## BHAVA SPANDANA

Bhava Spandana (BSP) is a 4-day advanced meditation program. BSP is an opportunity to experience higher levels of consciousness beyond the limitations of body and mind. BSP offers the experience of a world of limitless love and joy. Participants must complete the Inner Engineering and Shambhavi Mahamudra programs to participate.



[www.ishayoga.asia](http://www.ishayoga.asia)  
[www.ishayoga.org](http://www.ishayoga.org)



# Isha Kriya



*“I just practiced the Isha Kriya meditation and was surprised how powerful this meditation with Sadhguru is – even through an online video! I certainly felt a sense of inner peace, balance and a separation from attachment.”*

– Olga Avila, Holland



## WHAT IS ISHA KRIYA?

It is the vision of Sadhguru to offer 'one drop of spirituality' to every individual. Through Isha Kriya, the possibilities of a spiritual process, which were once available only to yogis and ascetics, are now being offered to every human being in the comfort of their own home.

Rooted in the timeless wisdom of the yogic sciences, Isha Kriya is a simple yet potent practice created by Sadhguru. "Isha" refers to that which is the source of creation; "kriya" literally means "internal action." The purpose of Isha Kriya is to help an individual get in touch with the source of his existence, to create life according to his own wish and vision. Daily practice of Isha Kriya brings health, dynamism, peace and wellbeing. It is a powerful tool to cope with the hectic pace of modern life.

Isha Kriya is simple and easy to practice. Available as a guided meditation with an instructional video and downloadable instructions, it has the potential to transform the life of anyone who is willing to invest just a few minutes a day.

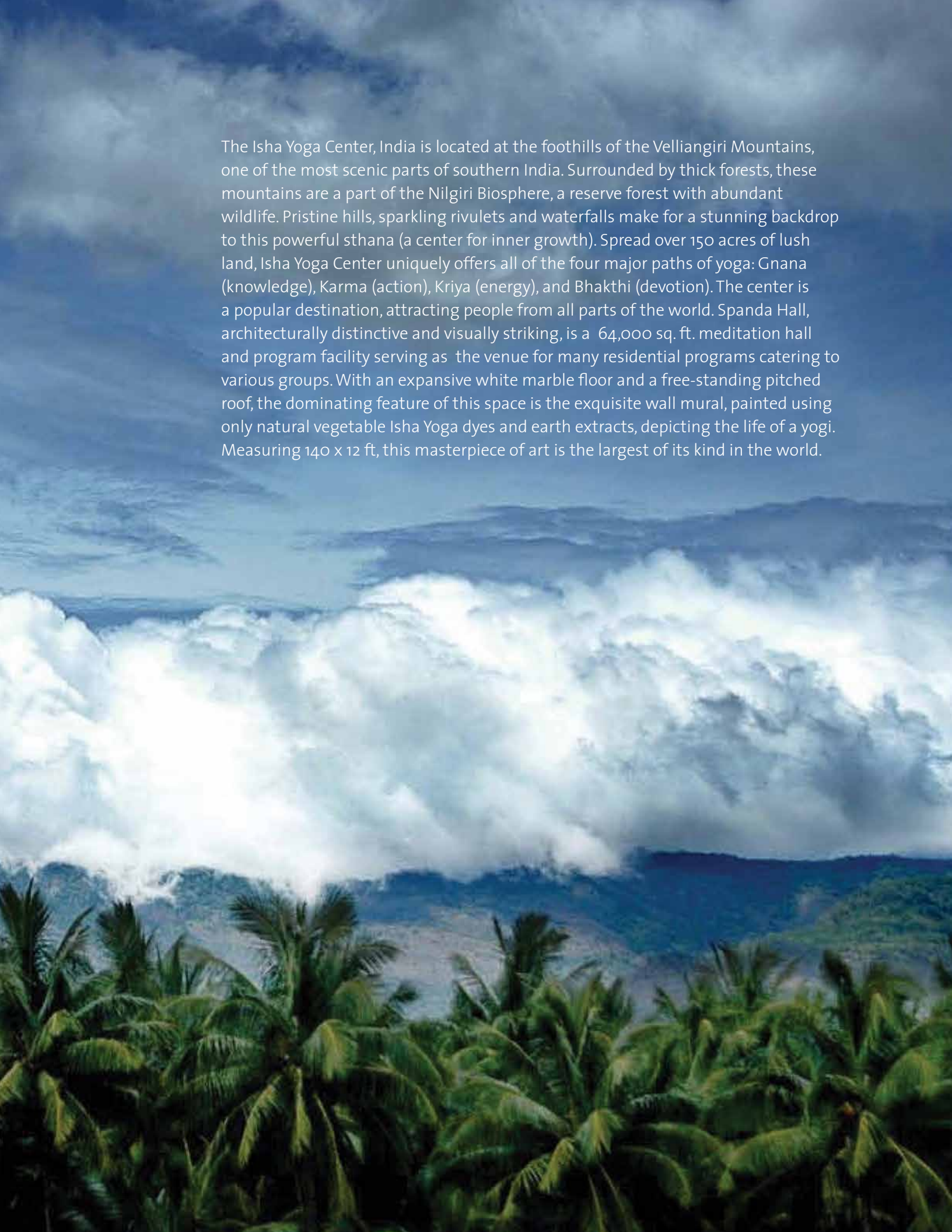
FOR MORE INFORMATION  
OR PRACTICING THIS MEDITATION

[www.IshaKriya.org](http://www.IshaKriya.org)



# Isha Yoga Center Coimbatore, India





The Isha Yoga Center, India is located at the foothills of the Velliangiri Mountains, one of the most scenic parts of southern India. Surrounded by thick forests, these mountains are a part of the Nilgiri Biosphere, a reserve forest with abundant wildlife. Pristine hills, sparkling rivulets and waterfalls make for a stunning backdrop to this powerful sthana (a center for inner growth). Spread over 150 acres of lush land, Isha Yoga Center uniquely offers all of the four major paths of yoga: Gnana (knowledge), Karma (action), Kriya (energy), and Bhakthi (devotion). The center is a popular destination, attracting people from all parts of the world. Spanda Hall, architecturally distinctive and visually striking, is a 64,000 sq. ft. meditation hall and program facility serving as the venue for many residential programs catering to various groups. With an expansive white marble floor and a free-standing pitched roof, the dominating feature of this space is the exquisite wall mural, painted using only natural vegetable Isha Yoga dyes and earth extracts, depicting the life of a yogi. Measuring 140 x 12 ft, this masterpiece of art is the largest of its kind in the world.

Adiyogi Alayam is an 82,000 sq. ft. columnless hall with a unique architecture, which can accommodate thousands of people at a time.

*“The reason why we created the Adiyogi Alayam is to bring back classical yoga in its purest form. Without a phenomenal sense of energy, no yoga can be taught. If you teach yoga without creating a vessel of energy, that is not yoga. The Adiyogi Alayam is essentially structured for the science of yoga, where if you simply sit there, really tuned in to what is happening in the hall, you would be able to know all the yoga sutras. If you start observing the nature of your body, this space will take you on faster and further than you imagined possible by yourself. Any kind of meditative processes which involves a certain exploration will happen phenomenally well. If you take one step and explore, the space will take you one step further. It is like, if you earn a hundred dollars, this will give you one hundred dollars bonus. Good deal, isn't it?” – Sadhguru*







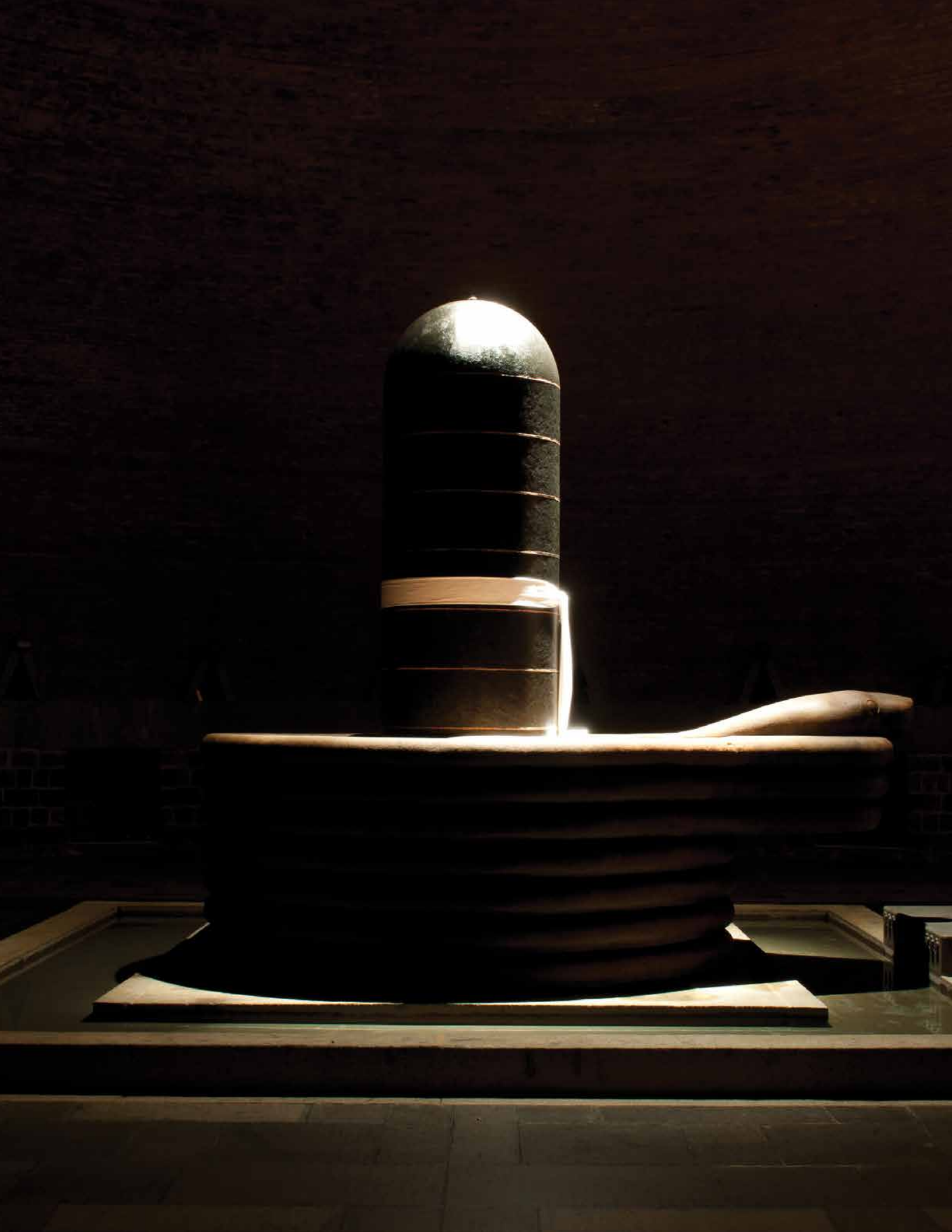




Isha Yoga Programs are offered throughout the year at the center, including Inner Engineering retreats, Hatha Yoga, and Shoonya Meditations, as well as more advanced programs such as Bhava Spandana and Samyama.

The Nalanda Conference Center hosts guests for corporate retreats and events. Isha Cottages' loving design and serene ambience invite guests and visitors to abide for some time at Isha Yoga Center. Meeting individual requirements, different types of cottages are available, each equipped with an attached bathroom. A distinctive interior design and Isha's own furniture line underscore the simple, organic style of guest units.

The ashram and residential environment at Isha Yoga Center is a vibrant hub of activity and an optimal environment to pursue one's growth. Triangle Block, designed in the shape of a triangle—a yantra, which represents ultimate perception—houses an active international community of brahmacharis (yogic monks) and full-time residents. The Vanaprastha accommodation on the premises was designed to give people with families the opportunity to come and be involved with the center.





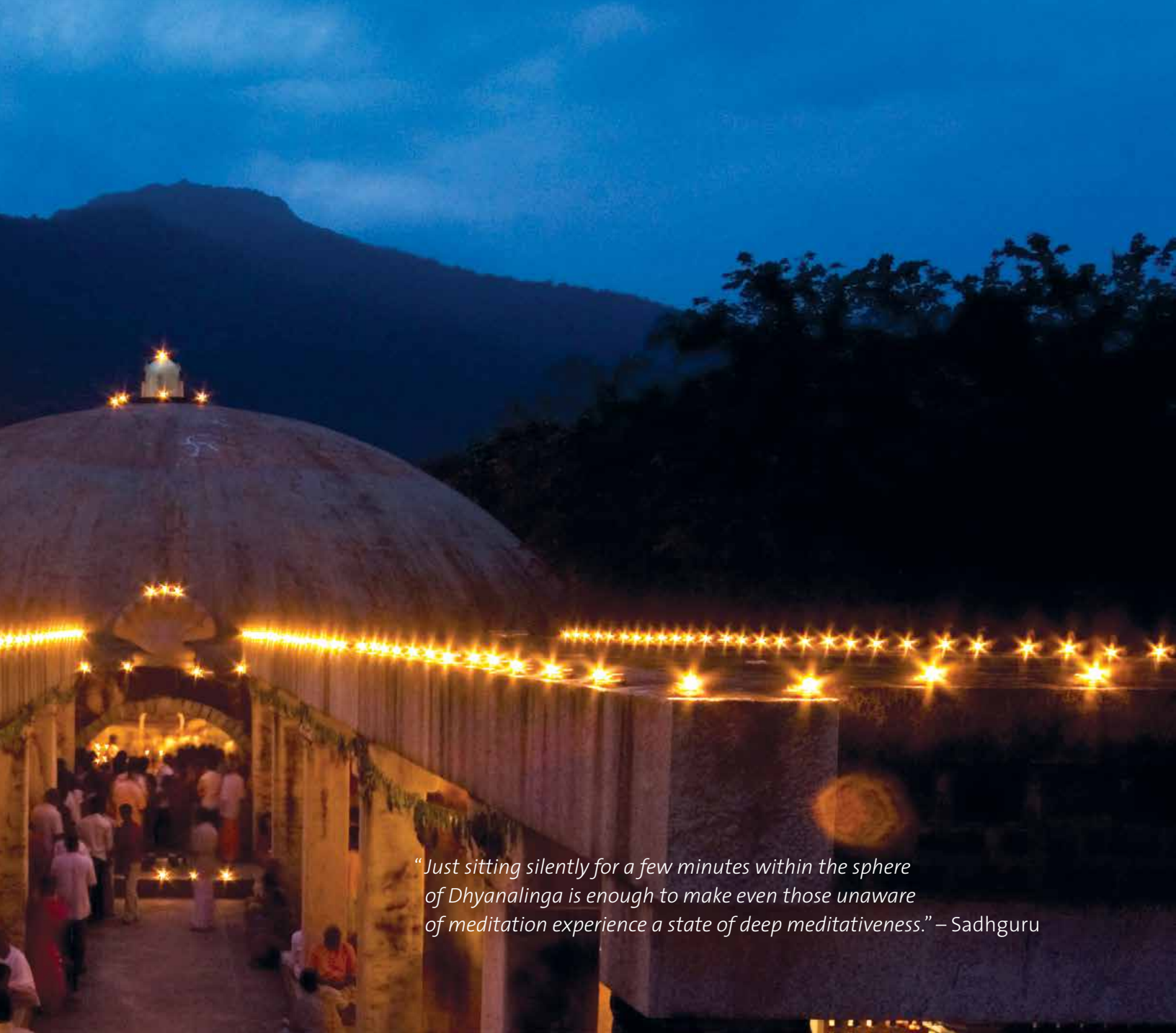
# Dhyanalinga

Dhyana means meditation  
Linga means the form

Dhyanalinga Yogic Temple, the distilled essence of yogic science, is a main feature of Isha Yoga Center. The Dhyanalinga Yogic Temple is a powerful and unique energy-form sitting under a pillarless 250,000-brick dome structure. An extraordinary meditative space, the Dhyanalinga does not ascribe to any particular religion or belief-system, nor does it require any ritual, prayer, or worship.

At its entrance, the Sarva Dharma Sthamba (an icon of singularity) greets guests of every faith. The symbols of all the major religions of the world are inscribed on three sides of this Sthamba forming an appropriate sign of welcome for one and all, beyond religious divide. Every week, tens of thousands of people converge at this unique meditation center to seek out inner peace and wellbeing inside the gracious walls of this powerful space.





*“Just sitting silently for a few minutes within the sphere of Dhyanalinga is enough to make even those unaware of meditation experience a state of deep meditateness.” – Sadhguru*



# Isha Rejuvenation

*“Every human being aspires for health and wellbeing.  
True health fundamentally means to be in tune with nature;  
both the inner and outer.” – Sadhguru*





Isha Rejuvenation Center offers an array of programs and therapies synthesizing yogic, Ayurvedic and Siddha treatments for deep detoxification and treatment of certain chronic diseases. The programs offered here essentially activate a dynamic rejuvenation process, aimed at restoring vital life energies necessary for healthy living. Designed by Sadhguru, these programs have an innovative and holistic approach, combining the best of various therapeutic systems (Ayurveda, Siddha, Naturopathy and Allopathy) with a solid emphasis on the ancient science of yoga. Ayur Rasayana and Ayur Rasayana Intensive span over three days and five days respectively. These programs are the perfect way to unwind. Meditation, massages and invigorating walks into the surrounding forest and hills will bring a fresh vibrancy and a renewed harmony to your body and mind. Ayur Sampurna, a seven-day program, incorporates the Ayur Rasayana aspects and also offers a range of traditional Ayurvedic treatments in addition to yoga asanas, which stimulate the release of physical, mental and emotional blocks. Yoga Marga, an intensive 21-day program, is based on Sadhguru's deep understanding of the human body and mind. Many have found immense benefit for chronic ailments, such as gastritis, asthma, migraine, obesity, hypertension and diabetes.

 +91-422-2515464  
[isharejuvenation@ishafoundation.org](mailto:isharejuvenation@ishafoundation.org)







# Hatha Yoga

## Teacher Training Program



*“We teach Hatha Yoga as a transformative process. The transformation will not only be on the level of your body but in the way you are.” – Sadhguru*

Isha Hatha School of Yoga delivers classical Hatha Yoga in its full depth and dimension. It is Sadhguru’s vision to offer this ancient science in all its purity and make it available to every individual. As a step towards realizing this vision, he has devised the Hatha Yoga Teacher Training Program. In this program, Hatha Yoga will be taught as a living experience in the most beautiful ashram setting of the Isha Yoga Center, India under the grace of a living master. Upon completion of the program, trainees will have the privilege and fulfillment of bringing this knowledge to many more people.

[i info@ishahatayoga.com](mailto:info@ishahatayoga.com)  
[www.ishahatayoga.com](http://www.ishahatayoga.com)

“I decided to join this teacher training program because I wanted to find a deeper aspect of yoga. I have been teaching yoga for 15 years, after years of teaching I began to realize that there is a whole another aspect of yoga that I really wasn’t knowing, experiencing and obviously not teaching. The program is so well thought out, such an inward driven process and so rare and so sacred, and to have the opportunity to steep yourself in that over five months period, that’s like no other opportunity in my mind and despite the challenges that you will be faced to do that, its well worth it. My perspective of yoga has been flipped by 180 degrees or more.”

Chris Bunting, Montana, US



# Social Projects







# Greening the Planet

## Project Greenhands

Project GreenHands (PGH) is an environmental revolution of an inspired public that is designed to be replicable throughout the world. The project aims to increase the green cover of an entire state, Tamil Nadu, India - an area the size of Louisiana - whose land and vegetation supports a state population of over 62 million people. That's nearly two times the population of the entire state of California!

The project has today grown exponentially from its inception in 2004 and is planting 4 -5 million trees every year. PGH has till date planted 18.27 million saplings. Project GreenHands aims to increase the green cover of the state of Tamil Nadu by planting a total of 114 million trees in Tamil Nadu, increasing the green cover to 33%.

### HEALING THE IMPACT OF GLOBAL WARMING BY PLANTING TREES

There are two sides to the carbon equation: emission and sequestration, i.e. releasing carbon dioxide into the atmosphere through the burning of fossil fuels, and then removing it from the atmosphere by anchoring it into growing forests or soil that act as carbon sinks. Local carbon is global carbon, and fast-growing trees in tropical areas are one of the best planetary solutions to reduce carbon gases. The rate of carbon sequestration through large-scale reforestation in tropical countries, such as southern India, will be dramatically greater than in countries with temperate climates. India's climate and lengthy growing seasons enable saplings to grow between 5-10 feet per year.



## REDUCING DEFORESTATION

The combined effect of commercial farming methods, industrial growth and the use of trees to meet the fuel and housing needs of a growing population threatens remaining tree cover. Poverty caused by commercial agricultural is a prime driving force of continued deforestation. Project GreenHands is a means for awakening people to the reality of human and environment suffering caused by industrialized agriculture. It is a profound tool for immediate, logical action that can be taken en masse at the grass roots level to avoid soil erosion, desertification and, eventually, widespread famine.

## HEALING THE LAND THROUGH AGRO-FORESTRY

To create “green consciousness” among school children by transforming their mind-set, Project GreenHands has introduced the ‘Green School Movement’, a new initiative where environment conservation is delivered not as a curriculum, but as an experience that is deeply imprinted in each child’s mind.

Over the last 5 years, Project GreenHands has been working with school children all over Tamil Nadu, in both urban and rural areas, to conduct awareness camps and plant saplings.



## ACHIEVEMENTS

In 2008, PGH set a Guinness World Record for planting the highest number of trees in a single day.

In 2010, PGH was awarded the highest environment award in India; The Indira Gandhi Paryavaran Puraskar by the Ministry of Environment and Forests, Central Government. The award was presented by the former president of India, Dr.A.P.J.Abdul Kalam.

① [www.projectgreenhands.org](http://www.projectgreenhands.org)  
[info@projectgreenhands.org](mailto:info@projectgreenhands.org)



# Caring for the Underprivileged

## Action for Rural Rejuvenation

*“This project is not just aimed at improving the economic conditions of people... It is a way of inspiring a human being to stand up for himself, to raise the human spirit.” – Sadhguru*

Over 70% of Indians live in rural areas; the majority struggle to earn a living as farmers of family plots, daily wage earners, self-employed householders or landless laborers. Their plight is extended by a lack of basic infrastructure, healthcare, proper nutrition, adequate education and increasing environmental degradation. The Action for Rural Rejuvenation (ARR) initiative is a comprehensive rural rehabilitation program that provides initial relief for urgent medical needs and ongoing services to restore inner wellbeing and rebuild communities. ARR's ongoing services include providing allopathic medical care, reinstating herbal gardens for home remedies, imparting yoga for inner balance and organizing games for community joy.

### MOBILE AND RURAL HEALTH CLINICS

Specially designed and equipped to access populations deprived of adequate roads and basic health care facilities, Mobile Health Clinics (MHC) offer free primary and minor emergency care on a bi-monthly basis. Each MHC team, consisting of a doctor, paramedical assistant, pharmacist and driver, provides free examinations and medicines and refers patients to partnering local hospitals for advanced care. Since 2003, over two million beneficiaries have received MHC care. In the past two years, ARR has opened three Isha Rural Health Clinics (IRHC), each equipped with a lab, a pharmacy and facilities for minor surgery in order to provide primary, antenatal, pediatric, geriatric and emergency care. Full-time volunteer physicians and community volunteers within each IRHC serve some 30 surrounding villages and treat an average of 60 patients daily.

### ACTION FOR RURAL REJUVENATION IN AFRICA

In 2008, ARR made its first foray beyond India's borders into the war-torn country of Sierra Leone, Africa. Bringing ARR programming to this area was a joint effort initiated by members of the Isha Institute of Inner Sciences UK and the Environmental Foundation for Africa, an NGO working to restore and protect the West African environment for the past 15 years.





# Cultivating the Next Generation

## Isha Vidhya

Lack of education is the greatest obstacle preventing India's rural populations from escaping the vicious cycle of poverty and joining in the country's economic growth. Isha Vidhya aims to transform the lives of rural children by providing affordable, high-quality education. With its scalable and easily replicable model, Isha Vidhya plans to establish schools in villages across Tamil Nadu - one school for each of Tamil Nadu's 206 districts. The Isha Vidhya methodology focuses on the delivery of English-based education, while accommodating for the limited resources, finances, teacher experience, and parental support available in rural schools. Computer-based classes are woven into the curriculum to support the capacities of the rural teachers. Teachers also receive ongoing training and guidance in the Isha Vidhya methodology.





*“The basic purpose of life and the basic purpose of education is to enhance one’s boundaries of perception. I don’t want the children to just survive after ten years of schooling here. They must blossom and flower wherever they go.” – Sadhguru*



## ISHA VIDHYA SCHOLARSHIP PROGRAM

Isha Vidhya provides high quality education at very low costs. However, even minimal fees are unaffordable for many rural families. Most students’ parents work in temporary jobs as laborers, dhobis (cleaning laundry by hand), barbers, carpenters, field workers, construction workers, tea shop owners, and street vendors. Income from these jobs is inconsistent, varying based on the season and demand for employment, and often insufficient for meeting basic household and dietary requirements. The reality of this situation necessitated the development of a scholarship program. Isha Vidhya scholarships are entirely need-based and cover tuition, books, notebooks and protein-enriched nutritional health supplements. The scholarships create a truly life-changing opportunity for rural children

## CHANGE THE FATE OF A CHILD

Sponsor a child’s education for only \$240 per year. Scholarship includes tuition, study materials, books and a daily nutritional health supplement. Isha Vidhya requests that donors sponsor a child for all 12 school years, from Class 1 to Class 12. Donors will receive photos and regular updates of their sponsored children so they can participate in their progress. Scholarship checks can be made for all the 12 years or on a yearly basis.

 [www.ishavidhya.org](http://www.ishavidhya.org)  
[info@ishavidhya.org](mailto:info@ishavidhya.org)

*“If you can really be with Kailash even for a few moments, life will never again be the same for you. It is a phenomenon beyond all human imagination.”*  
– Sadhguru

# Kailash & Himalayan Sacred Walks



Regarded as the spiritual center of the universe, Mount Kailash is revered by Hindus, Buddhists, Jains and Bonpos alike. In the yogic tradition it is believed that Adi Yogi Shiva resides in an eternal state of meditation, creating the sustaining force that holds the universe together. Each year, Sadhguru offers the pilgrim the rare privilege to discover with him the beauty and sacredness of Mount Kailash.

Guided and enveloped by intense meditation processes and sathsangs, the seeker can feel the explosive power of these sacred mountains and the saints who reside in them, thus unraveling the forces of life and our own ultimate potential.

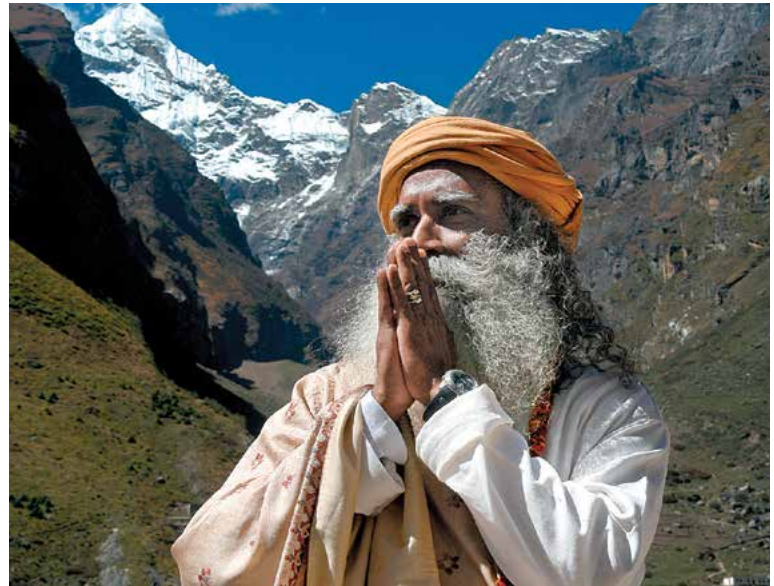


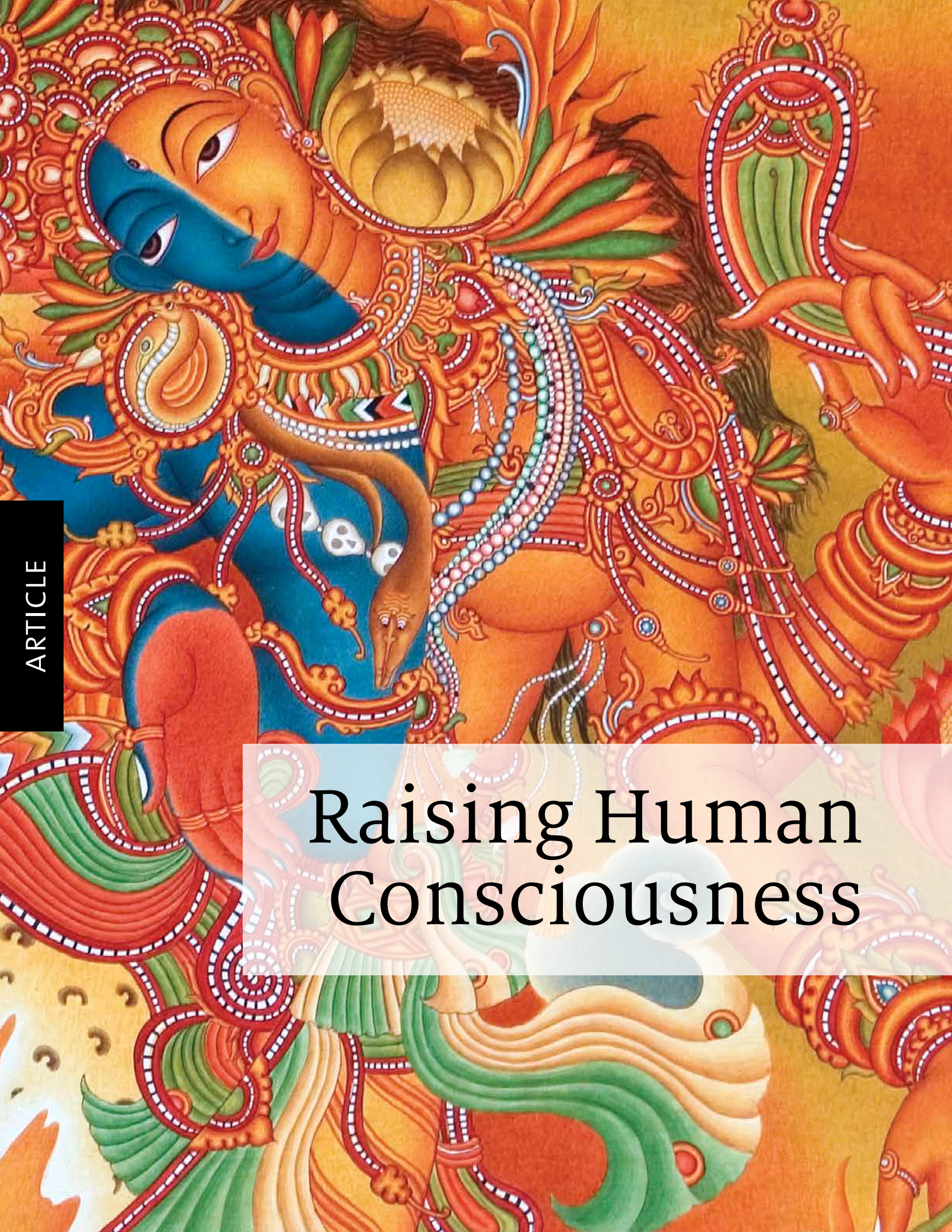
20 km away from Mount Kailash lies Manasarovar, the most beautiful and sacred lake in Asia. Being the highest source of fresh water in the world, this serene blue lake is attributed with healing properties.

The path to Mount Kailash & Lake Manasarovar takes seeker through Nepal and Tibet, where an array of temples and stupas, ancient architectures and colorful bazaars are explored and enjoyed.

The Himalayas, venerated as the abode of the Enlightened, have been a destination of great significance for spiritual seekers across the world. Sadhguru has always felt a deep affinity for these sacred mountains. As an endeavor to share this mystical connection, Isha organizes Sacred Walks to the Himalayas every year - with the grace and guidance of Sadhguru.

Himalayan Sacred Walks presents an excellent opportunity to soak in the sacred energies of these enchanting and majestic mountains. It comprises two weeks of meditations, treks and camping in some of the most idyllic yet powerful places in the Garhwal region of the Indian Himalayas.





ARTICLE

# Raising Human Consciousness

Generally in most societies, people are trying to take a human being to a certain height through moral and ethical standards. Or in other words, from the day a child is born, we are trying to tell him he must be good. What does this mean? Somewhere, essentially we believe that the Creator has made a mistake and we are going to correct it. Somewhere we believe, essentially all human beings are born bad and we have to fix them. It is not so.

It is simply because we have created societies without any focus on the inward nature of a human being. We have created societies essentially based on our survival mechanisms. When survival is the only issue, we are as good as any animal. We are always fighting and it is survival of the fittest. But there is an innate human nature which is capable of a certain inclusiveness. There is a certain possibility in a human being that he can include everything and everybody as a part of himself. Unless this inclusiveness is brought to one's experience, our attempts to fix humanity with morality, ethics and values will not work. The highest sense of morals, ethics and values has gone into almost every human being, but you know it has not worked. The world is living proof of that. It is just that it seems to be an easier substitute because raising human consciousness seems to be a far cry. It is not a far cry.

*“There is an innate human nature which is capable of a certain inclusiveness. There is a certain possibility in a human being that he can include everything and everybody as a part of himself. Unless this inclusiveness is brought to one's experience, our attempts to fix humanity with morality, ethics and values will not work.”*

It is a far cry right now only because we have not invested any time, resources or energies in that direction. If you look at any society on the planet today, individual people, societies, nations and humanity as a whole have not made any investment towards human consciousness. They have not made any investment in the essential sense of wellbeing in

a human being. It is only by chance that a few individuals go that way out of their own intelligence and longing, but nations and societies have not made any investment.

We have made investment for economic wellbeing, physical wellbeing, political wellbeing and other things, but have we made any investment for human consciousness to rise? That is why it looks like a far cry. Suppose there was no investment at all towards regular education in a particular country, education would look like a far cry. This is also just like that. This has not happened because there is no investment.

Today, the most important work on the planet is to raise human consciousness. We are at a certain significant time in human history because for the first time, as humanity, we have the necessary capability, technology and resources to solve almost every human problem – fundamental problems like nourishment, health, education – on this planet; never before this was possible. The only thing that is missing is human consciousness. Raising human consciousness does not need any external inputs. All it takes is to make human beings willing.

– Sadhguru

# What is Yoga?





*I think it is better I tell you what is not yoga. So much misinterpretation of the word has happened that speaking about what is not yoga is more relevant.*

Standing on your head is not yoga, holding your breath is not yoga, twisting your body is not yoga. Yes, these are various yogic practices, but when we say 'yoga' we are referring to a certain state – a certain way of being. The word 'yoga' means union. Union means you begin to experience the universality of who you are. For example, today, modern science proves to you beyond any doubt that the whole Existence is just one energy manifesting itself in various forms. If this scientific fact becomes a living reality for you, that you begin to experience everything as one, then you are in yoga. Once you experience yourself as everything, or everything as yourself, after that nobody has to tell you how to be in this world. If you experience all the people here as yourself, does anybody have to teach you morals as to how to be? Does anybody have to tell you 'don't harm this person, don't kill this person and don't rob this person?' So when you are in yoga, you experience everything as a part of yourself, and that is liberation, that is mukti; that is ultimate freedom.

This yogic science is of utmost importance now, like never before, because today we have tremendous power in our hands. With modern science and technology, tomorrow if we want, we can flatten a mountain or city. When we have this much power in our hands, it is very, very important, that we have an inner sense, an awareness of life and that we experience life, and everyone as part of ourselves. Otherwise, we can create a calamity for ourselves and the world around us – which we are doing right now to some extent. This has happened only because we have attended only to the external science. We have never looked at the inner science within us. Just as there is an external science to create external wellbeing, there is an inner science to create inner wellbeing. So, the whole science of what we refer to as yoga is an inner science.

Yoga can be transmitted on many different levels. One is towards physical and mental wellbeing which includes health and other aspects. If you want, you can use yoga just to get rid of your backache or if you want, you can use yoga to get better mental focus and a little peace of mind and happiness in your life. Or, it could be transmitted as a tool for ultimate wellbeing; in the sense that you can use this system as a stepping stone to go beyond. Or you can use yoga as a way of climbing up to the highest possibility within yourself. Using yoga just for health is not wrong, but it is a crime, because if it is explored in its full depth and dimensions, it can take you to places which you have never imagined. It is a way of approaching the Creator through the Creation. It can be a ladder to the Divine. It is my wish and blessing that you should know the joy of being truly well, not just physical wellbeing, but to know and exude wellbeing in all dimensions of your existence.

– Sadhguru



# Become Stress-free, with Ease

When I first came to the United States, wherever I went, I heard people talking about stress management. We manage our families, our money, our property, our businesses – we manage whatever is valuable to us. Why would anybody manage stress? It took me a while to understand that people have made a conclusion that stress is a part of life. Stress is not a part of life. It is not your lifestyle, it is not your work, it is not your family, it is not the situations in which you exist which cause stress to you; it is your inability to manage your system (your body, your mind, your emotions and your energy), your lack of understanding of how this system functions, your inability to use the system the way it should be used.

People can be stressful in any kind of situation. It is not about this job or that job; it is not about one kind of situation or the other. People are capable of being stressful for just about anything. What can you do about it? You don't need to do anything about stress; stress is like friction in a machine. There is friction in the machine because there is no proper movement of the parts of the machine, or there is not enough lubrication. The less friction you have, the more efficient the machine becomes.

*Now we are not looking at how to manage stress, we are not looking at how to keep it under the surface. I am talking about how not to create it, because stress is your creation.*

If you start this simple process of Inner Engineering, you will find within six weeks, there is a considerable drop in your pulse rate, in your heart beat, in the way your system functions – because your whole system is functioning at a certain ease. When the very nature of your existence has become ease, you are restful all the time. Then there is no such thing as stress. Restfulness is the basis of all activity. You can be most effective in your life only when everything is at complete ease within yourself. If your ability to act becomes effortless, then naturally there is no such thing as stress.

If your body and mind took instructions from you, would you create stress for yourself or Bliss for yourself? You need to look at the fundamental mechanics of life, why your body and mind is not doing what you want. Isha Yoga is the technology to do this. If you do a process of yoga, it needs to be in its full depth and dimension, not just the physicality of it as it is generally practiced today, that people are practicing yoga just as a physical thing, or a mental thing. It is neither physical nor mental; it has got something to do with the core of your life. If all of you is not involved in the yoga that you do, if it has not been transmitted to you, it has just been taught to you, it is a bundle of instructions, not an initiation – if that is so, you are using yoga like you are using an airplane as a car. Suppose I gave you an airplane and you didn't know what it is, you knew only automobiles. There are these two ugly things that are hitting your buildings and your lampposts, so you chop off the wings and you drive around and you are happy. Likewise, you are happy your backache is gone; your thyroid problem is fixed but I will cry, because a man who knows what it means to fly, when he sees an airplane with chopped off wings, he will cry.

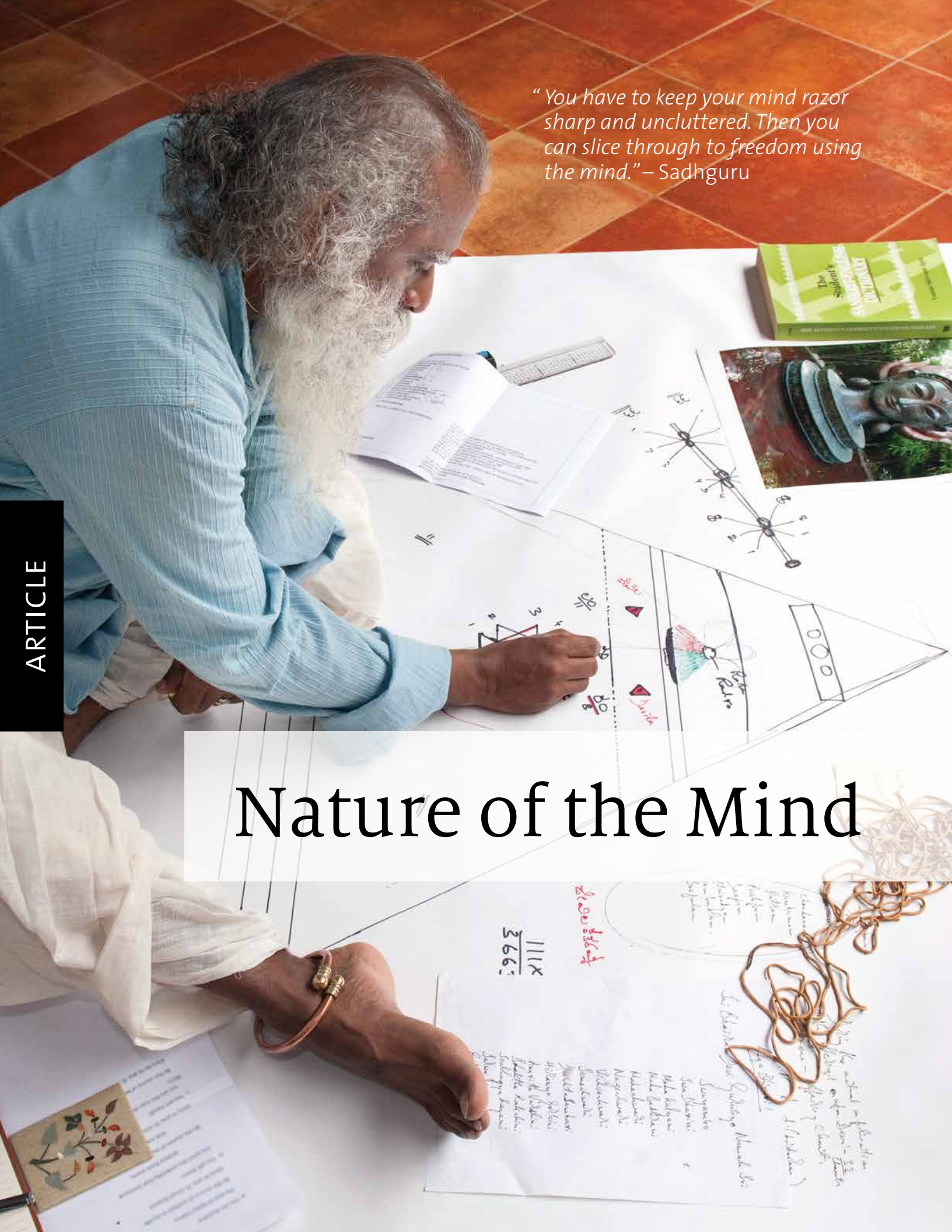
So right now when I see the yoga that is going on all over on a large scale, it makes me feel like crying but then the world would be flooded because too much of it is happening. I want you to understand, yoga is not a solution for your stress – there is no need for stress. Yoga is the removal of the problem. You don't create stress anymore, that's all. If you don't create stress, then why do you need a solution for it? Stress is your making; it is not the situation which is making stress. It is your making. So if you get a little deeper access to the experience of life within you, you will distinctly know this and you will drop it. This is the essence of Isha Yoga.

– Sadhguru

"You have to keep your mind razor sharp and uncluttered. Then you can slice through to freedom using the mind." – Sadhguru

ARTICLE

# Nature of the Mind



In the excerpt that follows, author Cheryl Simone asks Sadhguru about the nature of the mind as a tool to attain inner freedom.

Since Sadhguru insisted, I asked the question that had been festering inside me. “If my mind can produce a beautiful life for me and get me whatever I have wanted,” I said, “why am I not able to produce, or find, self-realization by using my mind?” After all the searching I’d done in my life, I honestly thought I would have been enlightened by now. Instead, after all these years, regrettably, not much had happened within me.

He barely even paused before he said, “You can use your mind, but to be effective, your mind must be uncluttered. The mind must be razor sharp. Only if the mind is razor sharp is it useful as a tool for your transformation. There is a form of yoga called Gnana Yoga that leads to union through intelligence. It is a difficult path for most people. Very few people have the caliber of intellect that is needed.” To emphasize his point, he picked up a knife that was inserted in a cake someone had brought to the meeting and said, “Think of it this way. Your mind is like a knife that has cut into a cake. When you pull the knife out, it still has cake on it. Similarly, your mind retains the residue of many different past impressions and experiences. All these past impressions are stuck to your mind like cake sticks to a knife.”

*Doing yoga will remove the cake from the knife, but it is better to use more than just your mind as a tool. You are not just the mind. There are other aspects of you. You also have a body, you have emotions, and you have energy. Using just one of these aspects, like the mind alone, is like traveling somewhere with just one wheel of the car. All four wheels of the car are needed to go there.*

This made perfect sense even though I now found myself thinking that he was telling me my mind did not work as a tool because it was too dull. What happened? I was always told how smart I was—and I was happy to believe it. Sadhguru continued, “Right now, you are not able to use your mind to take you to freedom because your mind is cluttered. You have to keep your mind razor sharp and uncluttered. Then you can slice through to freedom using the mind. Then, whatever your mind may enter into, none of it should stick. Only then can the mind be used as a complete tool.

Only with all four wheels can you get there. If you use only one aspect as your path, you can still get there but you may become socially incompetent. Being an effective person in the world will probably not be possible if you are driving your car with just one wheel. It will invariably lead to withdrawal and isolation. It is still worth it, but how many would be ready for that kind of life? It is best to use all four aspects. The yoga we are teaching is a combination of all these four things: mind, body, emotions, and energies. Isha Yoga sets all these forces in one direction.

“Our life energies are the most basic and the most powerful aspect of human beings. Though most people are unaware of it, whichever way our energies play, that’s the way our bodies and our minds and our emotions play. So, once we get the energies—the fundamentals—moving in one direction, we can make sure that our bodies, emotions, and minds are also moving in that direction.

“Different people’s energies, minds, emotions, and bodies function in different ways. A guru is one who knows what is needed for each individual. There has been so much emphasis on live gurus because they can mix the right combination for each person. The reason Isha Yoga works so effectively for everyone is that it uses every aspect of you to help you grow, not just your mind.”

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## SADHGURU SPOT

Catch up with Sadhguru as he shares about the travels and moments in his life. Whether it is an ode to the monuments of ancient Greece, casual reflections on the perfect golf swing, or a video of Sadhguru's maiden flight as a helicopter pilot – all this and more can be found on Sadhguru Spot. Every Wednesday

For more poems and writings by Sadhguru:

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